

# ARE YOU PREPARED?



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## “Prepare” Yourself for the Fargo Cass Safety Selfie Contest!

September is National Preparedness Month and Cass Fargo Emergency Management, along with Fargo Cass Public Health, want Cass County residents to post selfies showing how they are preparing for disasters. The Fargo Cass Safety Selfie contest runs all through September and residents can post their selfies using #FargoCassSafetySelfie on Facebook and Twitter.

Cass County Emergency Manager Jim Prochniak says he wants the contest to be fun and promote disaster preparedness at the same time “It’s everyone’s personal responsibility to be prepared for emergencies. This campaign is an exciting way to create awareness for preparing ourselves and our community to be resilient in the face of a disaster.”

A preparedness backpack will be awarded to the best individual/family selfie, and a NOAA weather radio will be awarded for the best organization/business selfie.

Share how you are preparing for winter, floods, and severe storms. How about taking a selfie with your disaster or emergency kits for your car, home, and pets?  
Get your co-workers involved and have fun!



Fargo Cass Public Health Immunization “Angels” prepare for the flu season.



Cass-Fargo Emergency Management and Fargo Cass Public Health Emergency Preparedness staff.

## Do Three Things to Prepare for Disasters:

1. [Connect with an isolated individual in your neighborhood or start a neighborhood organization.](#)

Isolated individuals are more vulnerable during and after a disaster. They are less likely to ask for help or follow emergency instructions.

2. [Promote emergency preparedness in your community.](#)

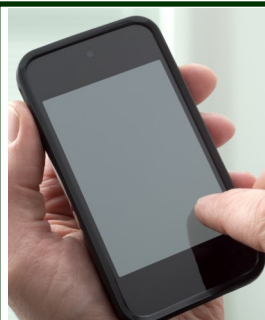
Scout troops, service clubs, residential associations, communities of faith—almost any organization you belong to can become a partner in emergency preparedness.

3. [Become a volunteer in your community \(Red Cross, Neighborhood Watch, etc.\).](#)

There are also health emergency volunteer organizations in Cass and Clay counties:

[The North Dakota Public Health Emergency Volunteer Corp](#) [www.ndhealth.gov/EPR/HP/PHEVR/](http://www.ndhealth.gov/EPR/HP/PHEVR/)

[Medical Reserve Corp in Minnesota](#) <http://claycountymn.gov/558/Medical-Reserve-Corps>



### [Check out the NDSU Extension Service Small Business Disaster App](#)

[www.ag.ndsu.edu/extension/apps](http://www.ag.ndsu.edu/extension/apps)

Preparing your business for a disaster can help save lives, merchandise and money. This app helps small business owners and managers complete their disaster plan, and capture and store vital records, incorporating research-based educational information. You'll be guided step-by-step in creating, saving and sharing a disaster plan for your business. For Android and iPhones/Pad devices.

#### Features include:

- Tips for creating a disaster plan
- Ability to inventory important equipment with photos
- Ability to export your plan as an Excel-compatible - CSV (comma separated values) file

**Sign up for this e-newsletter!**

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## Senior Flu Shot Clinics

It's that time of year already! Protect yourself and others by getting a flu shot. Senior flu shot clinics for **adults only**, will be held at the following senior center location:

**New Horizons – September 20, 1-4 p.m. for adults ages 18-65**

Other dates and locations coming soon. Go to [FargoCassPublicHealth.com](http://FargoCassPublicHealth.com) for locations, dates and times.



Cost of the flu vaccine this year is \$69 for Trivalent High Dose for ages 65 years plus; and \$48 for Quadrivalent Dose for ages 18-64 years. Please bring insurance, Medicaid, or Medicare cards. **FluMist is no longer available.**

For more information about the flu shot clinics call Fargo Cass Public Health at 701-241-1360 ext. 1.